

# Be a Friend for Life [2<sup>nd</sup> year]

1. When you get overwhelmed, what do you do?
  - List on the board
  - It can be positive or negative
  - No judgment
2. Ways to cope with anger
  - you might have cruelty at school
  - physical changes
  - home situations
  - maybe just clinically depressed
3. What kind of feelings do you have?
  - List feelings on board
  - Do you feel like no one understands?
  - Do you feel like not living?
4. Who would you tell and why?
  - List: teacher, parent, coach etc
  - What kind of traits do these people have?
5. Hand out 10 popsicle sticks
  - your name on one
  - names of who/what is worth living for (SPECIFIC) e.g. the Red Sox winning the world series, my goal of becoming a doctor, my aunt Kathy etc.
  - volunteer (along with the class) – stack all sticks together and try to break them. Try breaking ONE by itself. Experiment with different numbers
6. Lesson: sometimes if you feel so overwhelmed that you don't care if you hurt yourself, remember each of these popsicle sticks.
  - Who would your friend ride bikes with
  - Who would your best friend go to the mall with
  - How would your mom feel?
7. Read story
  - Your kindness as an individual can make the difference
  - Ask students to name one or two people you can think of, who accepted and understood you. E.g. the day you forgot your lunch and someone shared, when you were having a crappy day and someone made you laugh. It might not even be someone you know.
8. (ONLY IF TIME- otherwise skip to #9) time line (0-100 die)
  - what happens at ages 5 (school), 13 (jr. high), 16 (driver's license), 18 (graduate), 21 (adult).
  - What happens after 21? Money is no object (wish list)
    1. career? what do you want to be? (VALIDATE)
    2. married? How old? How many kids?
    3. now what? Work? Retire? What do your grandparents do?

4. what happens when you have challenges?
    1. grandparent dies. Did you cause it? Did it effect you?
    2. parents divorce. Did you cause it? Did it effect you?
    3. an injury. Did you cause it? Did it effect you?
    4. some people quit – erase  $\frac{1}{2}$  of line.
  5. you can choose to go on and get to 100 on your time line
9. Yellow ribbon
- Hand out stickers and cards
  - Define 24, 800 line (ALL the time, no one knows it's you etc)
  - Sometimes it's hard to ask for help – or keep the card for a friend